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I AM PEACE A BOOK OF MINDFULNESS. by Susan Verde ; illustrated by Peter H. Reynolds · RELEASE DATE: Sept. 26, 2017. Yoga instructor Verde ... **Read Out Loud | I AM PEACE with Susan Verde - YouTube**

I Am Peace: A Book of Mindfulness. Hardcover - Picture Book, Sept. 26 2017. by Susan Verde (Author), Peter H. Reynolds (Illustrator) 4.8 out of 5 stars 837 ratings. See all formats and editions. Hide other formats and editions.

**I Am Peace: A Book of Mindfulness by Susan Verde**

Brief Synopsis (from the book flap): This book is "a gentle expression of the tenets of mindfulness, encouraging children to breathe, taste, smell, and be present in the here and now." Why I LOVE and Recommend This Book: Mindfulness is one way for children to learn to focus and self-regulate. Learning to manage emotions can be challenging for some people, and this book helps put things in perspective and shows that we can choose our responses to situations, rather than just react.

**Susan's Books — Susan Verde**

Featuring an author's note about the importance of mindfulness and a guided meditation for children, I Am Peace will help readers of all ages feel grounded and restored.

I Am Peace: A Book of Mindfulness by Susan Verde available in Other on Powells.com, also read synopsis and reviews. The companion to the instant #1 New York Times bestseller, I Am Human When the world feels chaotic,...

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**I Am Peace: A Book of Mindfulness | IndieBound.org**

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**I Am Peace: A Book of Mindfulness by Susan Verde, Peter H ...**

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I Am Peace: A Book of Mindfulness. When the world feels chaotic, find peace within through an accessible mindfulness practice from the bestselling

picture-book dream team that brought us I Am Yoga. Express emotions through direct speech. Find empathy through imagination. Connect with the earth. Wonder at the beauty of the natural world.

I Am Peace by Susan Verde is a fantastic book that teaches children how to practice mindfulness. Children will learn how to stay in the present moment by finding their peace. This product includes a digital Google Slides version and a printable lesson plan for in-person learning.

**I Am Peace: A Book of Mindfulness - Kindle edition by ...**

I am Peace: A Book of Mindfulness hit home. The opening words "There are times when I worry about what might happen next and what happened before" seem to define my every moment. It's not so much that I'm a worrier as that the mind always seems to be engaged in mulling over past events and preparing for what's next; living in the moment is not exactly our culture's strong suit.

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I am Peace A book Of Mindfulness **I Am Peace - A Book of Mindfulness** Read! Lead! Succeed! Calmness Book—"I am Peace!" I AM PEACE A Book Of Mindfulness Read Aloud For Kids! Ms. Acuña reads aloud: "I am Peace: A Book of Mindfulness" **[Read Aloud] I Am Peace: A Book of Mindfulness by Peter H. Reynolds** I am Peace: A Book of Mindfulness by Susan Verde, Illustrated by Peter Reynolds **I Am Peace A Book**

Given today's fast-paced technologically stimulated world, I Am Peace is a gentle and loving reminder for kids to appreciate living in the moment, calm their emotions, be patient and kind with themselves and others, and respect the simplicity of nature. It is an engaging and interactive picture book.

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